

# Challenging the Status Quo: Breaking the Mold in the 21st Century

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Lisa Kugler, Psy.D.

Clarence Jordan

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# Look how far we have come...

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- Time to take it over
- Look how far we've come
- Some were never meant to come around
- Some were never meant to leave the ground
- Time to take it over
- Look how far we've come
- Some were never meant to come around
- Some were never meant to leave the ground
  - Imagine Dragons



# Where did Peer Support Start

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- Some of the initial forays for peer support were in the 18th century France.
  - It was recognized that the peer had, “gentle, honest, and humane”, “averse from active cruelty”, and “disposed to kindness”.
- Following his confinement, Richard Paternoster placed an advertisement in the London Times for individuals to join in a campaign to reform the mental health hospital (at the time madhouse) system.
- He was joined by four former hospital patients and in 1845 they named their fledgling organization the Alleged Lunatics' Friend Society.
- At it's height the group boasted 60 members and remained active for nearly 20 years.

# Where did Peer Support Start

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- For substance use concerns, a little group called AA started in 1935 by Dr. Bob and Bill W.
- In 1967, a model of community mental health care emerged that requires the employment of nonprofessional peers in the development, implementation, and evaluation of community interventions.

# Where did Peer Support Start

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- 1970's Individuals who were released from mental hospitals began to meet in small groups.
  - Developed self-help groups
  - Talked about their experiences in the mental health system
  - Began to organize around change.
  - Some wanted nothing to do with the system
  - Others wanted to build a better system of care

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**Where we are now....**

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# Where are we now...

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- Peer support was recognized by Centers for Medicare and Medicaid Services as an evidence-based practice in 2007
- It was anticipated within the VA that by the end of 2013 there would be more than 800 new peer support positions
- In April of 2018, OPEN MINDS found that 39 state Medicaid programs cover peer support services for either individuals with mental illness, individuals with addiction disorders, or both groups.
- This is a rapid increase over the last decade – in 2008, only eight states funded peer services under Medicaid

# The Current Concept of Peer Support

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- Persons with mental health and substance abuse conditions benefit enormously from a relationship with someone who has:
  - Lived experience that is similar
  - A significant level of personal recovery
  - The insight and maturity to be a guide and mentor
  - A passion for advocacy and empowerment
- The formal training to:
  - Work collaboratively with professional clinicians
  - Connect the individual with resources
  - Encourage a whole-person approach to wellbeing



# Five Foundational Beliefs

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- Everyone has the ability to learn and grow – Being diagnosed with a mental illness does not take away the ability to learn and grow; people can recover and move on with their lives
- Peoples' beliefs determine their behavior – What a person believes about himself, because he is diagnosed with a mental illness is the most important determinant of his success in creating a life he wants
- People think their way through life – Being diagnosed does not take away the ability to think strategically and creatively
- Whatever people focus on, they give power to – While symptoms and disability bring people in for services, the focus needs to shift to wellness and strengths as soon as possible
- Life's experiences are the best teacher – Your recovery experiences is your greatest gift to your peers

# The Certification Question

- The role of peer specialists has matured:
  - There are now 46 States with certification requirements
- There are distinctions between Peer Certification and Peer Service Credential processes



# Sharing One's Story

Disabling Power of Personal Stigma	Stage of Change	Peer Intervention
Identity ~ Impact of Illness; shattering of world hopes & dreams	Pre-contemplation	Engagement ~ establishing rapport
Possibilities ~ Life is limited; giving up was a solution	Contemplation	Encouragement ~ believable hope
Risk ~ Change is possible; fragile flame of hope & courage	Planning	Empowerment ~ you've done it before and you can do it now
Support ~ Commitment to change; simple acts of courage	Action	Education ~ Identification of possible resources
Responsibility ~ Actions for Chang; we rebuild our lives	Relapse Prevention	Exit ~ development of meaningful support system

# Helping People Achieve Their Best Possible Health

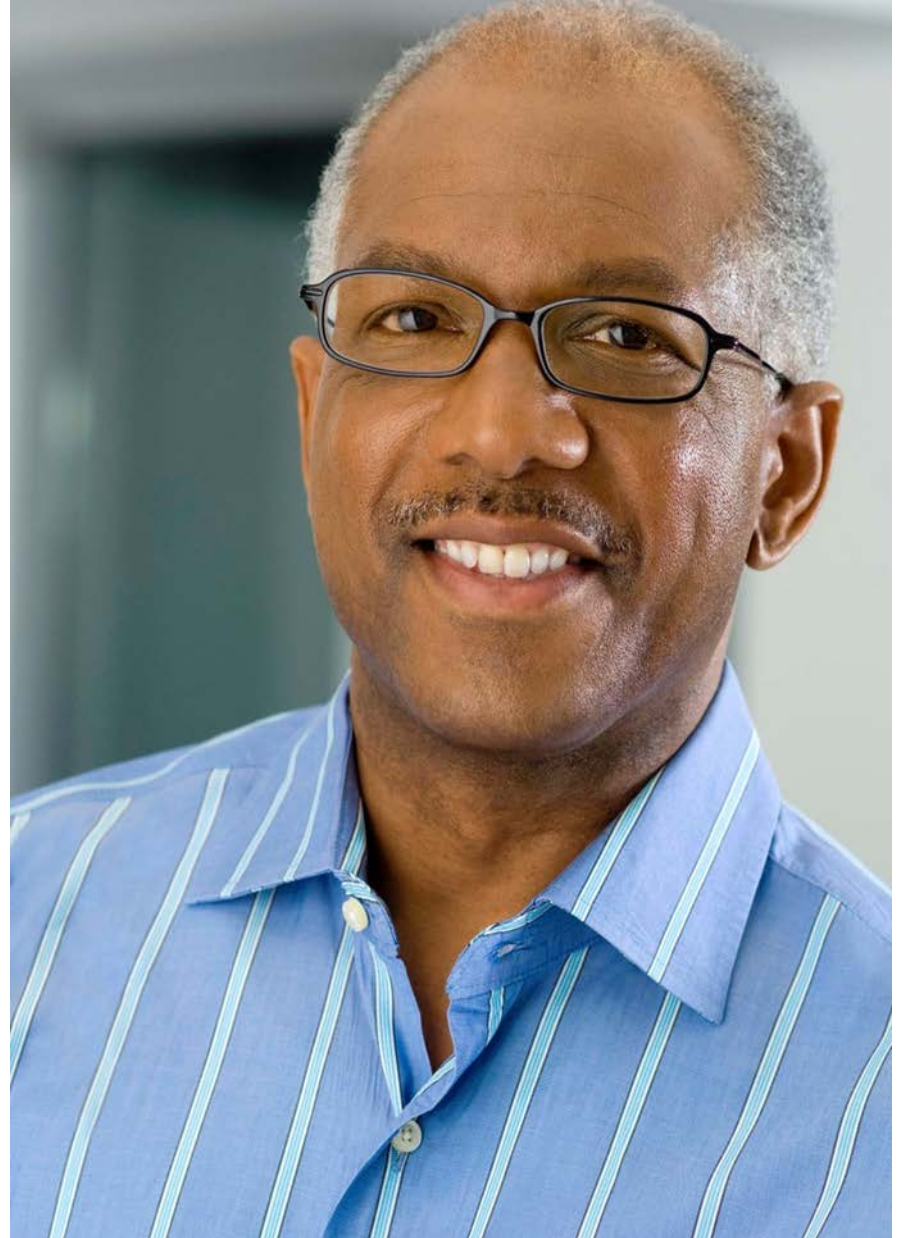
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- Symptom remission is only the beginning:
  - Safe, independent housing
  - Gainful employment
  - Meaningful social interaction
  - Good nutrition
  - Physical health and activity
  - Emotional and spiritual wellbeing
  - Self-monitoring and personal responsibility
    - Hope, empowerment, healing, connection



# On ANY Given Day

- Coach
- Mentor
- Guide
- Educator
- Health promoter
- Connector to resources
- Advocate
- Health system navigator
- First call for help
- Recovery planner
- Clinical team adjunct
- Role model for what's possible



# Where we are now...

- Peer and Recovery Support Specialists
- Forensic Support Specialists
- Substance Abuse Support Specialists
- Homeless Support Specialists
- Bridgers
- Self-Directed Care Coaches
- Drop-In Centers
- Employment Services
- Supported Education Services



# Where we are now...

- Self-Directed Care programs
- Warm Lines
- Crisis Lines/ Units
- Crisis Intervention
- Respite Facilities
- Housing Services



# Forensic Peer Support

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- One-on-one support while in jail
- Re-entry assistance
- One-on-one support in the community
- Various peer support groups in the community

Your life does not get  
better by chance,  
it gets better by  
**CHANGE.**

~ Jim Rohn



# Adolescent

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- Provide one-on-one support and encouragement to young adults; assist with goal setting and identification of positive environments and resources; advocate for youth in team meetings
- Facilitate group meetings of young adult peers.
- Conduct outreach in the community; and provide education on youth engagement, youth peer support, and recruitment of young adults to access available supports and services.
- Advocate for youth voice and the value of lived experience within agencies, communities, and systems.
- Young adult peer support is a Medicaid covered benefit in 7 states

# Family

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- Peer support programming for families and families
- Peer support is involved with making a difference at the local, state, and national levels
- Some organizations include NAMI and Maryland Coalition of Families



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# Where do we go from here?

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# Where do we go from here....

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- Intellectual Disability
- Physical Health
  - Chronic Diseases
- Elderly
- Substance Use Disorder
- LGBTQ

# Questions?

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# Thank you

